



The River

May 2025

We did it! Walk for Dog Guides

**June calendar of events
Club Visits and Activities**



Feature: Mental Health and Well Being

Coquitlam River Lions Club Monthly Newsletter

Coquitlam, British Columbia, Canada

District /Zone O-3, Multiple District 19

Club President: Rosalie Kunic

Zone Chair: Gerry Becker

Home Club: Coquitlam River Lions

District Governor: Beth James

Home Club: Renton Lions

Newsletter Editor: September Stokes



Global Causes Spotlight: Mental Health & Well Being

Mental health facts

Mental health is made up of a variety of factors, including our emotional, physical, psychological and social well-being. To best address the need for improved mental health, we must first understand the facts* — and challenges — surrounding mental health.

25%

Increase in rates of anxiety and depression since 2020.

1 in 7

Youths age 10-19 experience mental health conditions, though many are unrecognized and untreated.

14%

Of adults aged 60+ live with a mental health disorder. Loneliness and social isolation are key risk factors.

20

Countries still criminalize attempted suicide, and stigma and discrimination remain against those with mental health conditions worldwide.

Source: World Health Organization



Lions International

LIONS AND LEOS ARE WORKING TO RAISE AWARENESS OF THE IMPORTANCE OF MENTAL HEALTH AND WELL-BEING, TO EDUCATE AND SUPPORT THEIR COMMUNITIES, AND ADVOCATE FOR POSITIVE CHANGE.



MENTAL HEALTH AND WELL-BEING

Facts and Statistics

SUSTAINABLE DEVELOPMENT GOALS

The United Nations Sustainable Development Goals (SDGs) provide a shared blueprint for peace and prosperity for people and the planet, now and into the future. The 17 goals are an urgent call for action by all countries — developed and developing — in a global partnership. Achievement of the SDGs also relies on the involvement of volunteer organizations who connect governmental strategies and initiatives with complementary, yet essential, community action.

THIS GLOBAL CAUSE SUPPORTS SDG #3

3 GOOD HEALTH AND WELL-BEING



ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES



An estimated **700,000 people die by suicide every year** (World Health Organization).



On average, **2% of health budgets go to mental health** (World Health Organization).



People who are exposed to adverse circumstances — including poverty, violence, disability and inequality — are at **higher risk of developing a mental health condition** (World Health Organization).



Depression is the leading cause of disability globally, affecting an estimated more than 300 million people worldwide — the majority of them women, young people and the elderly (United Nations).



For depression, the gaps in service coverage are wide across all countries: in high-income countries, an estimated **23% of cases receive minimally adequate treatment for depression and in low- and lower-middle income countries this is estimated at 3% of cases** (World Health Organization).



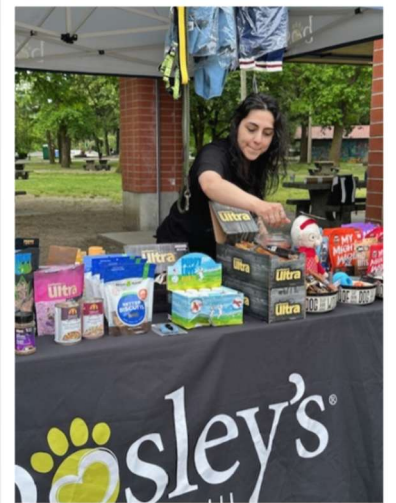
More than 80% of all people with mental disorders live in low- and middle-income countries, where the vicious cycle between mental health and poverty is particularly prevalent because of a lack of welfare safety nets and poor accessibility to effective treatment (World Health Organization).

Walk for Dog Guides a Dog-Tastic Good Time!

From humble beginnings four years ago and look at us now! The Coquitlam River Lions Club hosted our 4th **Walk for Dog Guides**, with this year being the 40th Anniversary Walk nationwide for the Lions Foundation of Canada. **Sarah** was the project chair and she set a big goal; to double what we did last year. Could we do it? We can, and we did!! Between the Barks Burger and Brew night in March, to the final Dog Walk on **May 25th**, we went well above our goal and raised over **\$10,000 for Dog Guides**.

Thank you to all the dozens of walkers and their dogs who showed up at Lions Park for our event. Thank you to **Kurtis** and his team from Bosley's Pet Valu, who handed out tons of doggie-swig and put together those awesome gift baskets. Thank you to the **eleven** Coquitlam River Lions who showed up and helped make this event absolutely wonderful. Thank you to all the donors who contributed, and the businesses who supported us.

Congratulations especially to **Sarah**, who worked very hard to make this event an enormous success. What a wonderful day it was to be a Coquitlam River Lion!



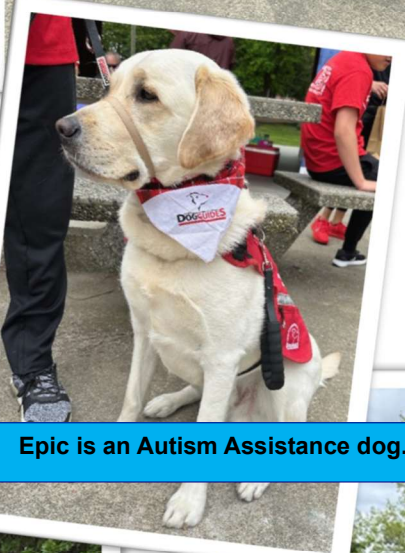
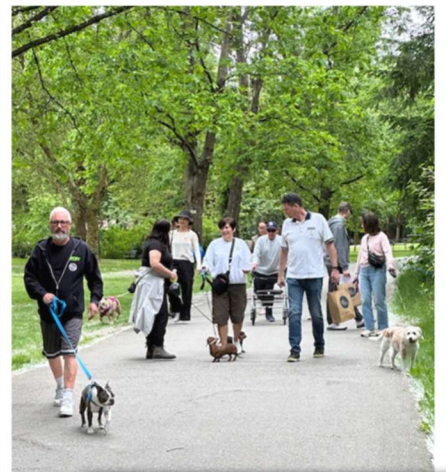
L-R: Kurtis from Bosley's, and Lions Dawn, Nicole, Gerry, Patti, Rosalie, Richard, Andrea, Sarah, Courtney, September and Ryan all helped make this day a perfect day to be a Lion at our Walk for Dog Guides



The day before the Dog Walk, **Sarah** and **Patti** spent some time at Mundy Park, handing out free Poop Bags and promoting our walk. Pictured here with Sarah is the **Mayor of Coquitlam, His Worship Richard Stewart**, and his wife.



A few more photos for the album....



Epic is an Autism Assistance dog.



From the cover: We were honoured to be joined by Ezekiel and his LFC Dog Guide Epic, along with the rest of the family, on our Dog Walk. Epic is an Autism Assistance dog.



Anthony, joined by his sister Sarah, donated his cat-sitting money to our Dog Walk!

Club visits and events in the month of May

The Fingerling Festival is a huge annual event in Port Moody, and on May 3, we were there to promote **Walk for Dog Guides**. **Richard, Rosalie, Sarah, September, Patti, Andrea and Rosemary** helped out, and **Andrea** was wonderful with all the kids who loved colouring our Dog Walk pictures.



The opening day of the Coquitlam Farmers Market was on Sunday May 4th, and we had a table there promoting our **Walk for Dog Guides**. **Richard, September and Rosalie** spent three hours on the sunny but brisk day meeting people and handing out free poop bags. Rosalie brought Daisy with her and they had fun talking to many other dog owners.

DG Elect September was joined by **Zone Chair Gerry, Richard and Rosalie** at the Chilliwack Mount Cheam Lions Installation of Officers Night on **Tuesday, May 27th**. September not only installed the officers but also inducted their newest member Louise, sponsored by their President Lesley.

Gerry was installed as the club's Service Chair...sort of. He was standing in for PID Allan Hunt who was sick and couldn't attend, so Gerry accepted on his behalf. A lovely evening was had by all.





June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Installation and Awards Night!	5	6	7
8 CLEAN-UP CREW	9	10	11 Board Meeting 7:00pm @ Library	12	13	14
15 Happy FATHER'S Day	16	17	18 Club Meeting 7:00pm	19	20	21
22	23	24	25	26	27	28
29	30					

Street Clean Up: June 8

It's hard to believe how rewarding it is to do a simple Street Cleanup, but those of us who've done it will tell you it's a wonderful feeling. Our next one is coming up **Sunday, June 8th**, and we meet at Town Centre Parking lot at David and Pinetree at 1:30. It should only take an hour or so, so wear comfy shoes and a reflective vest if you have one.



Your Eastern Fraser Valley Lions Clubs present
The 18th Annual
Lions Cultus Lake Fishing Derby



Saturday, June 14, 2025 from 5:00am to Noon
in support of Cultus Sockeye Salmon Recovery
Weigh-in at Main Beach from Noon-2:00pm

Tickets just \$3 for kids (15 & under) and \$7 for adults (16 & over)
 Available at Fred's Custom Tackle or Main Beach from 5:30-11:00am the day of the event
All anglers registered prior to 11:00am on the day of the event are eligible to win one of our many bonus door prizes totaling ~\$2,500!

\$2,500 in Cash prizes for Largest, Total Wt. & Total # of Pike Minnow & Largest & Total Wt. (Max 20) Smallmouth Bass in both Kid and Adult categories! (Note: 1 prize only per registered angler)

Winners must be present at weigh-in to claim prizes!!
 Free parking for first 50 registered anglers only at Cultus Lake Park West Side "Parking Lot A" when you park before 9:00am (Note: if you leave and return after 9:00am you must pay!)
 No angling licences are needed during the Fathers Day Weekend!
 Snacks and Beverages available for purchase at the registration tent!

Visit our website at www.cultusderby.ca for more information
We gratefully acknowledge this event takes place on the unceded territory of the Soowhalie First Nation



Membership Roster 2024-25

Rosalie Kunic	President
Sarah Swanson	Vice President
Patti Byth	Secretary
Ryan Stokes	Treasurer
September Stokes	Director
Richard Simonson	Director
David Macey	Director
Rosemary Small	Director
Gerry Becker	Past President
Dawn Becker	
Nicole Byth	
Andrea De Stefano	
Sharon Hughes	
Terry Hughes	
Yvonne Langevin	
Kim Macey	
Lynne McInally	
Kim Schoffer	
Jim Small	
Courtney Stokes	



****New members are always welcome!****



Bring your change to our club meetings for our new:

Let's Make A Deal 50/50 draw.

Each meeting, purchase your draw tickets, 1 for \$2.00 or 3 for \$5.00. If your ticket is drawn you can keep the cash prize, OR.....you can trade it for what's in the surprise package? You never know, it could be something fabulously unique and interesting, could be a TUG (totally useless gift) in the spirit of Let's Make a Deal. It's fun, entertaining, and the money raised goes to help our club.



Coquitlam River Lions Club

Chartered March 2022

Meets 1st and 3rd Wednesdays, 7:00pm
River Springs Recreation Centre
1950 Lodge Drive, Coquitlam, BC
www.coquitlamriverlions.club
Email: coquitlamriverlions@gmail.com



Lions Club EYEGLASS RECYCLING

